

DUTIES OF THE CITIZEN

How Great Progress Can Be Made in the Constant Fight Against Tuberculosis.

Dr. S. A. Knopf in an address briefly and clearly outlines the duty of each citizen in combating tuberculosis:

If you are in the presence of a consumptive who is not yet under medical care, teach him what you know of the prevention of the disease and advise him to seek the counsel of a competent physician. If he is too poor to pay for a consultation, and too proud to ask it for nothing, tell him to apply to the health department, which will send one of its physicians without cost. No tuberculosis invalid, no matter in what stage of the disease, whether living in a palace or in the poorest tenement house, should be without a medical adviser. If you meet a consumptive who is ignorant of the precaution he should take, do not shun him like a leper, but treat him with kindness, and convince him that whatever he does to prevent the spread of the disease among others will also improve his own condition and increase the chances of his recovery. Let me tell you that a clean, conscientious consumptive is as safe a person to associate with as anybody. If in your daily life you can influence others to make themselves familiar with the necessary knowledge of the prevention of tuberculosis, do so! If through your influence, your words, and example you can combat the fearful curse of our nation—alcoholism—I beseech you, do your duty.

Some individuals have, by virtue of their calling, a special duty to perform in the combat of tuberculosis. Of these I mention, first, the teachers of the public schools, the clergymen, the editors of the public press, employers and philanthropists.

Disinfection.

The disinfection of clothing is a matter which every one should understand. Ordinary boiling will destroy all sorts of dangerous germs. The boiling should be continued half an hour. Clothing which cannot be boiled should be burned or disinfected by sulphur or formalin.

Rooms must be disinfected by the last-named means and by thorough scrubbing with strong, hot soapsuds.

Open doors and windows as widely as possible so as to allow the admission of the largest possible amount of light and the freest circulation of air.

Remove the old paper from the walls, and burn it. Wash the bare walls with strong soapsuds, and then apply whitewash to the ceiling. Cleanse the woodwork with a solution of fresh chloride of lime, one pound to the gallon.

Remove the carpet from the floor, the bedding from the bed, and every other fabric from the room, and thoroughly disinfect them before replacing.

Ordinary scrubbing, whitewashing and ventilation are useful and necessary, but are not sufficient. Disinfection is required. One of the most convenient and effective means of disinfection is fumigation by the burning of common sulphur. The following is the best method of doing this:

Into a tub or a large dishpan pour water to the depth of an inch. Place in the vessel two bricks laid flatwise and near together. Set upon the bricks an old iron kettle. Put into the kettle a proper quantity of flour of sulphur mixed with an equal quantity of powdered charcoal. The amount required is four pounds for each one thousand cubic feet of air. Mix with the sulphur and charcoal a few pieces of newspaper. Before the sulphur is lighted, all clothing and other articles in the room should be so disposed of as to allow the fumes of the sulphur to come in contact with them to the fullest extent. The efficiency of the fumigation is also very greatly increased by saturating the walls, and everything the room contains, with steam. This may be very readily done by boiling water vigorously upon a stove in the room for an hour or two previous to lighting the sulphur. Dry sulphur fumes will destroy growing germs, but not the dried spores which may be collected upon walls and in cracks and corners. When all is in readiness, light the sulphur, and leave the room as soon as it is evident that it is going to burn well. If the door of the room communicates with other rooms, the crack around the door must be tightly closed by pasting thick paper over it. The room must be kept closed for twenty-four hours, at the end of which time it should be opened, and left to air for another twenty-four hours, when it may be considered thoroughly disinfected.

The Modern Slave.

While modern civilization has abolished involuntary servitude, it has introduced another form of slavery which is responsible for more premature deaths than ever was attributed to the old-time human bondage. The ancient slave was often forced to subsist upon miserable food, and to eat at irregular times and in a hurried manner. The modern slave, or in other words, the modern business man, "feels" compelled to do exactly the same thing; consequently, he experiences similar suffering.

Fully one-half of our so-called successful business men are on the verge of physical bankruptcy. Poor management, physically speaking, is the common cause of the condition. Some vainly attempt to tide themselves over their physical crisis by using stimulants, thus borrowing some of their future nerve supply, and by so

doing they only involve themselves still more deeply, and thereby indefinitely postpone the day for their deliverance, and often make their delivery altogether impossible.

Whether the galling yoke of disease manifests itself in the form of slavery to some drug habit, or as neurasthenia, or in some terrible form of indigestion, or many of the various nerve disorders, it cannot be juggled away by simply swallowing a few drops of medicine from some mysteriously labeled bottle. Such an individual must repent so effectually that it will lead him to adopt radical changes in all the habits of his life. He must undertake to earn at least a part of his bread in the divinely appointed way—by the sweat of his brow.

Instead of trying to induce nature to convert dietetic wood, hay, and stubble into good, wholesome blood, the business man who wishes to live as long as his country consins must begin to cultivate a taste for wholesome and nutritious foods. He must discard pernicious drinks, whether they are served over the bar in the form of whisky, or in his own home in the form of tea and coffee. He must recognize as an inspired truth that every tobacco user is warring against his own interest, and if he instinctively realizes that he is approaching physical disaster, he must earnestly and energetically endeavor to give up health-destroying habits no matter how dear they may be to him.

Food for the Sick.

There is no branch of the culinary art which requires more skill than that of preparing food for the sick and feeble. The purpose of food at all times is to supply material for repairing the waste which is constantly going on in the vital economy; and hence it ought always to be chosen with reference to its nutritive value. But during illness and convalescence, when the waste is often much greater and the vital powers less active, it is of the utmost importance that the food should be of such character as will supply the proper nutrition. Nor is this all; an article of food may contain all the elements of nutrition in such proportions as to render it a wholesome food for those in health, and not be a proper food for the sick, for the reason that its conversion into blood and tissue lays too great a tax upon the digestive organs. Food for the sick should be palatable, nutritious and easily assimilated. To discriminate as to what food will supply these requisites, one must possess some knowledge of dietetics and physiology, as well as of the nature of the illness with which the patient is suffering; and such a knowledge ought to be part of the education of every woman, no matter to what class of society she belongs.

Hot buttered toast, tea, rich jellies and other dainties so commonly served to the sick, are usually the very worst articles of diet which they could partake of. As a rule, elaborate dishes are not suitable.

Scrupulous neatness and care in all the minute particulars of the cooking and serving of food for invalids will add much to its palatableness. The clean napkin on the tray, the bright silver and dainty china plate, with perhaps a sprig of leaves and flowers beside it, thinly sliced bread, toast or crackers and the light cup partly filled with hot gruel, are far more appetizing to the invalid than coarse ware, thickly cut bread and an overflowing cup of gruel, though the cooking may be just as perfect. So far as practicable, the wants of the patient should be anticipated, and the meal served, a surprise.

RECIPES.

Steamed Rice.—Look over and thoroughly wash one cup of rice. Drain, spread lightly on a shallow dish and dry in the oven. Even should it be done. Introduce the rice into two cups of boiling water, place the dish containing it in a steamer, and allow it to cook one hour without stirring. Serve with a sauce prepared by rubbing well-cooked dried apples through a colander, and afterward evaporating, if necessary, to the consistency of marmalade.

Graham Bread.—Take a little less than one-fourth cake of compressed yeast, dissolved in a little milk, and add new milk, scalded and cooled to lukewarm, to make one pint. Add one pint of white flour, beat very thoroughly and set to rise. When very light, add three and one-half cups of sifted Graham flour, or enough to make a dough that can be molded. Knead well for half an hour. Place in a clean, slightly oiled bread bowl, cover, and allow it to rise. When light, shape into a loaf; allow it to rise again, and bake.

Cream Crisps.—Into two and one-half cups of cold cream or rich milk sprinkle slowly with the hands, beating meanwhile to incorporate air, four cups of best Graham flour, sifted with one-half cup of granulated sugar. Add flour to knead; about two and one-fourth cups will be required. When well kneaded, divide into several portions, roll each as thin as a knife blade, cut into squares, prick well with a fork, and bake.

Ribbon Sandwiches.—Spread several slices of bread with butter and some dark colored filling. Pile on top of one another and gently press together. With a very sharp knife cut rather thin slices from top to bottom. There will be a striped appearance and a decided palatability.

Making Others Happy.

A number of society women in Cincinnati have, for a time at least, given up their summer holiday and are working to make hot weather tolerable for less fortunate sisters. Particularly are Jewish women taking active part in this work. Their efforts are now being directed specially toward making a success of a settlement home and vacation school located in Clermontville, where nearly 200 young women are now enjoying their vacation at a cost not beyond their purses.

Veteran Army Horse.

The only equine survivor of the battle of Colenso, a battery horse, is about to be sent from South Africa to England, where his owner will see that he passes the rest of his days in peace and comfort. He received ten wounds in the battle, but is a fine, sound horse now.

Defiance Starch is guaranteed biggest and best or money refunded. 15 ounces, 10 cents. Try it now.

Much of the milk of human kindness is adulterated beyond the cream-generating stage.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOWEN, Trinity Springs, Ind., Feb. 15, 1900.

Relatives don't think so hard of a miser after he dies and leaves it to them.

DON'T FORGET

A large 2-oz. package Red Cross Ball Blue, only 50 cents. The Russ Company, South Bend, Ind.

It is surprising how a widow can make love to a man in a way that makes him think he is the first man she ever really loved.

You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity, 15 ounces, 10 cents. Try it now and save your money.

It is only bachelors who speak of marriage in a tone of contempt. Married men do not care to speak of it at all.

Stop Babies' Tears.

Ninety per cent of babies' troubles are caused by disordered stomach or bowels. They can all be quickly cured by a few doses of that great digestive medicine, Dr. Caldwell's (laxative) Syrup Pepsin. It digests curdled milk, sweetens the breath, reduces fever and relieves pain. Absolutely harmless to mother or child. Sure relief in teething. Sold by all druggists at 50c and \$1. Money back if it fails.

Good Jobs Go Begging.

There were twenty-eight vacancies in the grade of assistant paymaster in the navy; but of the 2,000 young men who were examined only twenty-four passed and there are still four vacancies.

Country Boys Together.

It is not generally known that Dr. Washington Gladden—who has so vigorously scored the church for its acceptance of "tainted" money—and John Rockefeller were country boys together in Tioga county, N. Y., attended adjoining district schools and frequently met in rival spelling bees.

SKIP THE THIRTEENTH FLOOR.

From Superstition This Number Is Jumped From 12 to 14.

Tenants of the big office building at 44 Broadway, New York, are not called upon to face the danger of a thirteenth floor. There is no such unlucky location in the edifice, that number having been jumped. The next floor above the twelfth is the fourteenth. F. Augustus Heinze, the thorn of the Amalgamated Copper Company, does not appear to have inherited any superstitious traits. His office is 1313 on the thirteenth floor of 31 (thirteen reversed) Nassau street. In his fight with the Amalgamated Copper Company Heinze has been exceptionally fortunate. But the superstitious say he would have been doubly fortunate if he had joined forces with the Standard Oil crowd in the first place.

EVER TREAT YOU SO?

Coffee Acts the Jonah and Will Come Up.

A clergyman who pursues his noble calling in a country parish in Iowa, tells of his coffee experience:

"My wife and I used coffee regularly for breakfast, frequently for dinner and occasionally for supper—always the very best quality—package coffee never could find a place on our table. "In the spring of 1896 my wife was taken with violent vomiting which we had great difficulty in stopping.

"It seemed to come from coffee drinking but we could not decide.

"In the following July, however, she was attacked a second time by the vomiting. I was away from home filling an appointment, at the time, and on my return I found her very low; she had literally vomited herself almost to death, and it took some days to quiet the trouble and restore her stomach.

"I had also experienced the same trouble, but not so violently, and had relieved it, each time, by a resort to medicine.

"But my wife's second attack satisfied me that the use of coffee was at the bottom of our troubles, and so we stopped it forthwith and took on Postum Food Coffee. The old symptoms of disease disappeared and during the 9 years that we have been using Postum instead of coffee we have never had a recurrence of the vomiting. We never weary of Postum, to which we know we owe our good health. This is a simple statement of facts." Name given by Postum Company, Battle Creek, Mich.

Read the little book "The Road to Wellville," in each pkg.

REMAINS AT TOPEKA

A Sensational Newspaper Rumor Is The Cause of Much Talk.

SUPT. DOLAN NEVER HEARD OF IT

General Manager Dan C. Cain Is Quoted at Length Concerning the Current Rumors of the Impending Changes.

Topeka, Aug. 2.—C. W. Jones, superintendent of the Kansas division of the Rock Island at Topeka, will go to Des Moines to become superintendent of the Iowa division and J. B. Smalley, at present superintendent of the Iowa division, will succeed Mr. Jones at Topeka. The office of the superintendent of the Kansas division will not be moved to Herington, but will remain at Topeka, at least for the present.

The above statements were made by Dan E. Cain, general manager of the Southwestern and Choctaw districts of the Rock Island, upon his return from a trip to Oklahoma. Mr. Cain was accompanied by Vice-President H. U. Mudge, who has been in Colorado, and Frank Dolan, who becomes general superintendent of the Southwestern district, with headquarters at Topeka, succeeding J. O. Crockett, resigned.

The exchange of territory between C. W. Jones and J. B. Smalley is by mutual agreement, and not on account of a promotion of Mr. Jones, as stated in an evening paper which printed "rumors" of the coming change. The same paper has been claiming that the division superintendent's office would be moved to Herington, which report was promptly and vigorously denied by General Manager Cain.

Mr. Jones was formerly a resident of Des Moines and wants to go back to his old home. Mr. Smalley wants to move to Topeka. Therefore the two gentlemen arranged matters so that they could be transferred. The transfer has been approved by the higher officials. They wanted to make the change and will be allowed to do so.

"I am annoyed at the report that has been in circulation that the office of the superintendent of the Kansas division would be moved from Topeka to Herington. I remarked in conversation with another man at one time that I wished the division office were at Herington, as it might relieve the constant jam there and have the effect of keeping the schedule more intact. Somebody overheard me and took my words for a prediction that the office would be moved."

The location of the office of the division superintendent is a matter that is left wholly with the general superintendent. Mr. Dolan has scores of more important matters to attend to before he can waste any time considering the question of moving the office of the Kansas division superintendent. He has not even heard of the question yet.

There is no significance in the visit of Vice President Mudge to Topeka at this time. Mr. Mudge has been in Colorado. He met Mr. Cain at McFarland.

"There is considerable new work going on on the Missouri division," stated General Manager Cain last night, "and Vice President Mudge wants me to go over it with him. All of the main line is being rebalanced and new steel is being laid for a distance of 175 miles."

YELLOW FEVER AT TAMPA.

Italian From New Orleans Developed Into Case.

Tampa, Fla., July 31.—State health officer of Florida, Dr. R. D. Porter, now at Tampa, today gave out the following statement:

The Italian, whose name is Victor Vittalo, who left New Orleans July 20, coming from the infected district of St. Phillip street direct by rail to West Tampa, arriving July 23, has developed a mild case of yellow fever. The patient with the inmates of the house within a radius of 300 feet are screened against mosquitoes and are guarded and will be kept under guard and daily medical observation and inspection for the next three weeks.

Funeral of Notabilities.

Paris, July 27.—The body of Jacques Henner, the distinguished painter, who died here July 23, was buried in the cemetery of Mont Parnasse. The funeral cortege was made up of notabilities in the worlds of art and literature.

EGAN REMAINS CHAMPION.

Chicago, Aug. 1.—Chandler, Egan today won the western golf championship, this time defeating his cousin, Walter Egan, in the final, 3 up 2 to play. The champion successfully defended his title after being one down at the end of his 27th hole. By great work in the afternoon he squared matters at the 28th hole and won the 29th, 30th and 31st holes in succession. The next three were halved and the match ended on the 34th green.

Schooner Sold For \$6.

That the days of the sailing vessel on the great lakes have passed was emphasized last week at Chicago when the schooner H. A. Richmond, a two-masted vessel, registering 198 net tons, was sold for \$6. The Richmond was built in Buffalo in 1861 and has been a money maker in her day. She sold for \$4,300 in 1890.

To Revive "Black Earth."

The Russian government has sent to the California university college of agriculture specimens of the famous "black earth" of European Russia, which is showing signs of deterioration. The Russians want the advice of the Berkeley scientists as to reviving it.

The "Hidalgo" Hat.

One of the consequences of young Alfonso's visit to England is the birth of the "hidalgo" hat, a modified Spanish turban with which modish Englishmen are beginning to deck their heads. Although distinctly more suitable for winter, it makes a gallant appearance.

Mrs. Belva Lockwood.


Mrs. Belva Lockwood, the only woman who ever ran for president of the United States, is a member of the District of Columbia bar. At present she is engaged in the Cherokee Indian case, among the most important that ever came before the United States court of claims.

Great Chinese Inventor.

Dr. Gian Shimose, the chemist-inventor of that wonderful explosive, Shimose powder, used by the Japanese army and navy, was born in the very humblest circumstances in the province of Hiroshima, some 47 years ago, when railways and steamships were practically unknown in the island empire.

Record of Present War.

The Japanese government is printing a complete record of the present war, and has kept it up to date ever since the trouble began. The records will be made public at the close of hostilities, and will be printed in English and French as well as in Japanese.



900 DROPS

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A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**

Recipe of **DR. SAMUEL PITCHER**

Pumpkin Seed—
Aloes—
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Syrup—
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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of
DR. SAMUEL PITCHER
NEW YORK.

At 6 months old
35 DROPS—35 CENTS

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For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

John H. Glitcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

The Secret of Good Coffee

Even the best housekeepers cannot make a good cup of coffee without good material. Dirty, adulterated and queerly blended coffee such as unscrupulous dealers shovel over their counters won't do. But take the pure, clean, natural flavored **LION COFFEE**, the leader of all package coffees—the coffee that for over a quarter of a century has been daily welcomed in millions of homes—and you will make a drink fit for a king in this way:

HOW TO MAKE GOOD COFFEE.

Use **LION COFFEE**, because to get best results you must use the best coffee. Grind your **LION COFFEE** rather fine. Use "a tablespoonful to each cup, and one extra for the pot." First mix it with a little cold water, enough to make a thick paste, and add white of an egg (if egg is to be used as a settler), then follow one of the following rules:

- 1st. **WITH BOILING WATER.** Add boiling water, and let it boil THREE MINUTES ONLY. Add a little cold water and set aside five minutes to settle. Serve promptly.
- 2d. **WITH COLD WATER.** Add your cold water to the paste and bring it to a boil. Then set aside, add a little cold water, and in five minutes it's ready to serve.
3. Don't boil it too long. Don't let it stand more than ten minutes before serving. Don't use water that has been boiled before.

TWO WAYS TO SETTLE COFFEE.

1st. With Eggs. Use part of the white of an egg, mixing it with the ground **LION COFFEE** before boiling.

2d. With Cold Water instead of eggs. After boiling add a dash of cold water, and set aside for eight or ten minutes, then serve through a strainer.

Insist on getting a package of genuine **LION COFFEE**, prepare it according to this recipe and you will only use **LION COFFEE** in future. (Sold only in 1 lb. sealed packages.) (Lion-head on every package.) (Save these Lion-heads for valuable premiums.)

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5¢ Cigar better Quality than most 10¢ Cigars.

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FOR LAUNDRY WORK

FOR SHIRTS COLLARS CUFFS AND FINE LINEN